

Congratulations for choosing to improve your smile with Clear Aligners!

Clear Aligner Care:

- We find that aligners are most effective when worn **22 hours per day** and removed only for eating, brushing and flossing.
- There are no restrictions on what you can eat and drink while in treatment because of the removable nature of the aligners. However, you are required to **remove your aligners to eat and drink**. Water is the only thing you should consume with aligners in.
- It is important to brush after every meal, before placing the aligners back in your mouth. If you don't brush, food residue (like blueberries or pasta sauce) and beverages (like coffee or red wine) can stain your aligners.
- Clean aligners by brushing and rinsing them in **cold water** (hot water can warp the trays).
- Schedule regular appointments with Dr. Marion every 6 weeks for the duration of your treatment. The goal of these visits is to ensure that your treatment is progressing as planned. Typically, you will wear each set of aligners for 2 weeks at a time.
- As you wear your aligners, your teeth gradually move into their proper position, and your gums are re-forming around each tooth as they move. During this process, it is common to feel like your teeth are 'loose' or sore when your aligners are removed. This is temporary.
- Dr. Marion recommends that anyone who has completed orthodontic treatment, whether braces or clear aligners, use a retainer to prevent teeth from gradually shifting back towards their initial position. Because every case is different, please speak to Dr. Marion to confirm if you need post-treatment retainers.

After treatment is completed, Dr. Marion recommends bringing your retainers to each cleaning appointment. We will give them a deep clean in our ultrasonic and be sure that they are fitting you well.

This guide, along with others, can be found at mmSmileCenter.com under the "Patient Resources" tab.